

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application.

**Listing of Claims:**

1.-51. Canceled.

52. (Currently Amended) A herbal health formulation to improve the general health of women or expectant mothers said formulation comprising:

80-90% by wt of a said herbal health formulation comprising seeds or seed products, in which said seeds or seed products is a legume;

10-20% by wt of a said herbal health formulation comprising an extract, said extract obtained from herbs or medicinal plants of the genera *Centella*, *Chlorophytum*, *Boerhaavia*, and *Sida*;

optionally one or more extracts of a herb or a medicinal plant selected from the group consisting of *Withania somnifera*, *Pueraria tuberosa*, *Asparagus racemosus*, and *Saraca indica*;

optionally milk powder;

optionally jaggery;

optionally coca powder;

optionally sugar powder; and

optionally one of more further additives selected from the group consisting of *Piper*, *Elettaria*, and *Myristica*.

53. (Previously presented) A herbal formulation as claimed in claim 52, wherein, the seeds or seed products are selected from dried seeds, roasted seeds and powdered seeds.

54. (Previously presented) A herbal formulation as claimed in claim 52, wherein, the legume is *Glycine max*.

55. (Previously presented) A herbal formulation as claimed in claim 52 wherein, the total amount of legumes used in the formulation is in the range from 55-60% by wt of the formulation.

56. (Previously presented) A herbal formulation as claimed in claim 52 wherein said essential herbs or medicinal plants are selected from roots, fruits, bark, and whole plants.

57. (Previously presented) A herbal formulation as claimed in claim 52, wherein the total amount of said essential herbs or medicinal plants is X, wherein X ranges between 10-20% by wt of the formulation.

58. (Previously presented) A herbal formulation as claimed in claim 57, wherein X comprises 10-40% by wt of *Centella asiatica*, 2-20% by wt of *Chlorophytum tuberosum*, 5-30% by wt of *Boerhaavia diffusa*, and 10-20% by wt of *Sida cordifolia*.

59. (Previously presented) A herbal formulation as claimed in claim 58 wherein, X comprises 16-32% by wt of *Centella asiatica*, 4-16% by wt of *Chlorophytum tuberosum*, 5-24% by wt of *Boerhaavia diffusa*, and 12-16% by wt of *Sida cordifolia*.

60. (Previously presented) A herbal formulation as claimed in claim 57, wherein X comprises 0-16% by wt of *Withania somnifera*, 0-24% by wt of *Pueraria tuberosa*, 0-24% by wt of *Asparagus racemosus*, and 0-12% by wt of *Saraca indica*.

61. (Currently Amended) herbal formulation as claimed in claim ~~52~~ 60, wherein said seeds or seed products are *Glycine max*.